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Wednesday, April 18, 2018 metro.us | t: MetroPhilly | f: MetroPhilly

BARBARA BUSH DEAD AT 92

The only woman to see her husband and son each sworn in as president has died. 9

Having a dinner party? Here's what you need to know in order to nail it. 20

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JETSCARE

One passenger is dead after a horrifying engine explosion on a Southwest jet forced an emergency landing in Philadelphia. 2

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4 THINGS YOU NEED TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

SEPTA is making waves with its sustainability plans: installing solar panels, soon bringing on the first electric buses of any large city on the East Coast, and shifting the bus fleet to electric hybrids. But a power plant to supply electricity to the Regional Rail from a location by the Midvale Bus Depot has some environmentalists up in arms — they say it will damage air quality in nearby Nicetown. Read more inside on page 6 and at **metrophilly.us**.

ONE DEAD AFTER ENGINE EXPLODES ON SOUTHWEST FLIGHT THAT LANDS IN PHILLY

1 An engine on a Dallas-bound Southwest Airlines flight with 149 people aboard apparently exploded on Tuesday, forcing an emergency landing in Philadelphia as one passenger was killed and another one was nearly sucked out a window of the plane, the airline and federal officials said. The fatality on the flight from New York was the first in a U.S. commercial aviation accident since 2009, according to National Transportation Safety Board (NTSB) statistics. After an engine on the plane's left side blew, it threw off shrapnel, shattering a window and causing cabin depressurization that nearly pulled out a female passenger, according to witness accounts and local news media reports. NTSB Chairman Robert Sumwalt told a news briefing in Washington that one person had been killed, but declined to elaborate. The fatality was a passenger, according to Southwest Chairman and Chief Executive Officer Gary Kelly. Sumwalt said the NTSB believes parts came off of the engine but it has not determined if it was an "uncontained engine failure." "There are protection rings around the engine to keep shrapnel from coming out. Even though we believe that there were parts coming out of this engine, it may not have been in that section of the engine that technically would qualify this as an uncontained engine failure," he said. He said the NTSB sees about three or four uncontained engine failures a year, including non-U.S. carriers. Flight 1380 was diverted to Philadelphia after crew members reported damage to an engine, the fuselage and at least one window, the Federal Aviation Administration said. "Everybody was going crazy, and yelling and screaming," passenger Marty Martinez told CNN. Martinez said objects flew out of the hole where the window had exploded, and "passengers right next to her were holding onto [the woman being pulled out]. And, meanwhile, there was blood all over this man's hands. He was tending to her." Television images showed that most of the outer casing around the left engine of the Boeing Co. 737-700 had ripped away and a window near the engine on the plane's left side was missing. Boeing said on Twitter that it was aware of the incident and was "gathering more information."

ANTI-WAR PROTEST IN ATHENS

2 Protesters burn the U.S. flag outside the U.S. Embassy during a rally by Greek Communist Party and leftist groups in Athens, Greece, on Tuesday against airstrikes in Syria by the U.S., Britain and France.

GETTY IMAGES

HALEY VOCAL ON RUSSIA: 'I DON'T GET CONFUSED'

3 U.S. Ambassador to the United Nations Nikki Haley fired back at White House economic adviser Larry Kudlow on Tuesday over his remarks that she may have been confused over Washington's plans to impose more sanctions on Russia. "With all due respect, I don't get confused," Haley, a member of President Donald Trump's cabinet, told Fox News. Haley said on Sunday that Washington was preparing new sanctions on Russia over its support of Syrian President Bashar al-Assad. However, Trump delayed further action, according to a senior administration official. Kudlow said of Haley on Tuesday: "She's doing a great job, she's a very effective ambassador. There might have been some momentary confusion about that." "I think the issue here is we have a set of sanctions and additional sanctions are under consideration but have not been determined," Kudlow told a briefing at Mar-a-Lago. He said there was no confusion in the White House approach toward Moscow. A senior administration official said on Monday that Trump was unlikely to approve them unless Moscow carried out a new cyberattack or some other provocation. ***Read more on page 8***.

SKETCH RELEASED OF ALLEGED THREAT-MAKER

4 Adult-film actress Stormy Daniels on Tuesday released a sketch of a man she said warned her in 2011 to stop discussing her claims she had a sexual encounter with President Donald Trump, while her lawyer offered a $100,000 reward for information about the man. During an appearance on the daytime ABC television talk show "The View," Daniels repeated her story, first related on CBS' "60 Minutes" last month, that she was on her way to a fitness class with her child when an unknown man approached her in a Las Vegas parking lot in 2011. He warned her to "leave Trump alone. Forget the story," she said in that interview. On Tuesday, her lawyer, Michael Avenatti, asked the public for help identifying the man and offered a $100,000 reward for information leading to his identification.

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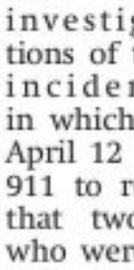
Mayor Kenney said that Starbucks' executive leadership has promised full cooperation with city investigations of the incident. KAIT MOORE

Mayor Kenney on Starbucks: 'This is a societal issue'

The city is executing a full investigation into the arrest of two black men sitting in a Starbucks that went viral.



SAM NEWHOUSE
sam.newhouse@metro.us

67%

Sixty-seven percent of stops in the police service area where the store is located are of African-Americans, according to the ACLU of Pennsylvania.

Mayor Jim Kenney has released new details about the city's investigations into the arrests of two black men in a Rittenhouse Starbucks that led to outraged accusations of racism nationwide.

"This is not just a Starbucks issue. This is a societal issue," Kenney said in a statement. "People can react differently to others based on skin color, and that is wrong. We have work to do, and we need to do so productively."

Kenney said that Starbucks' executive leadership has promised full cooperation with city investigations of the incident, in which a manager on April 12 allegedly called 911 to report to police that two black males who were sitting in the cafe without buying anything were trespassing. Responding officers called for backup before cuffing the men and escorting them out of the coffee shop, which was caught on a video that went viral around the world. The two men were detained for about eight hours before being released without being charged.

"We have work to do, and we need to do so productively."
Mayor Jim Kenney

Starbucks CEO Kevin Johnson has repeatedly apologized and promised a full staff retraining on "unconscious bias." The manager who called 911 also left the company.

"I believe Starbucks will cooperate fully with our probes of the matter, particularly the Philadelphia Commission on Human Relations' review of Starbucks' policies," Kenney said. "All parties agree that the outcome of this incident was extremely unfortunate and that's why we are reviewing the incident seriously."

Kenney also noted that this is not the first incident reported at this Starbucks location, which is in a police service area that the ACLU of Pennsylvania said "67 percent of stops in the police service area where the store is located are of African-Americans," while that group only makes up 3 percent of the area's population.

The Philadelphia Commission on Human Relations is reviewing Starbucks' policies, the demographics of their employees and managers, and this incident along with others that have been reported to the commission.

The Police Advisory Commission is reviewing how police officers responded to the scene and whether "national best practices" were implemented, along with an ongoing Police Department review and audit of officers' responses to the incident for potential retraining.

The Starbucks manager and the two men who were arrested have not yet been publicly identified.

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Cosby denies all wrongdoing and says that any sexual contact was consensual. GETTY IMAGES

Cosby 'liked petting, touching,' police who interviewed him testify in court

50

About 50 women have accused Cosby of seuxal assault dating back decades.

Bill Cosby told detectives who interviewed him shortly after he was accused of sexually assaulting a former friend at his Philadelphia-area home in 2004 that he touched but did not have intercourse with his accuser, prosecutors said on Tuesday.

Cosby, an 80-year-old entertainer best known as the star of the 1980s TV hit "The Cosby Show," is facing his second trial in a Pennsylvania court on charges of drugging and assaulting Andrea Constand. The jury which heard his first trial on these charges last year failed to reach a verdict.

The new jury on Tuesday heard testimony from Cheltenham Township police who initially investigated the case shortly after accusations by Constand, a former director of operations for the women's basketball team at Cosby's alma mater, Temple University.

Prosecutors at the time declined to bring a case against Cosby, who was eventually charged in late 2015, shortly before the statute of limitations on the crime was to expire.

Police Sergeant Richard Schaffer read the jury a transcript of a 2005 police interview with Cosby in which he said that he had a consensual sexual encounter with Constand but stopped short of sexual intercourse.

"I didn't feel like it," Schaffer quoted Cosby as saying in the interview. "I liked petting, touching."

Constand is one of about 50 women who have accused Cosby of assaults dating back decades. Hers is the only one recent enough to be the subject of criminal prosecution.

Cosby denies all wrongdoing and says that any sexual contact was consensual. He could face 10 years in prison if convicted.

Defense attorneys on Monday sought to undercut Constand's credibility, pressing her about accusations that she had schemed to plant a false story of abuse to reap hush money.

Cosby paid Constand $3.38 million to settle a civil lawsuit that Constand filed after Pennsylvania prosecutors in 2005 initially declined to charge Cosby for the alleged assault.

Five of Cosby's other accusers have testified in this trial. REUTERS

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SEPTA's new power plant proposal attracts opposition

SEPTA's plan for a new power plant near Nicetown to help power the Regional Rail is awaiting city approval.

SAM NEWHOUSE
sam.newhouse@metro.us

41%

The EPA said this project will reduce greenhouse gas emissions by 41 percent compared to the electric grid.

100%

Local environmental groups demanded SEPTA move to 100 percent renewable energy sources.

SEPTA says it needs a new power plant at the Midvale Depot to power the Regional Rail, but environmentalists oppose it. ISTOCK

SEPTA's plan to build a power plant near the Wayne Junction area, between Germantown and Nicetown, has earned fiery opposition from environmentalists who call the project a "gas plant" that will harm their quality of life. But SEPTA says the plant is part of their sustainability program and which will actually help reduce greenhouse gas emissions.

SEPTA said its $26.8 million project, the Midvale Combined Heat and Power Plant (CHP), would supply half the energy needs of the Regional Rail system.

The CHP "both reduces the risk of and prepares for climate change." According to the U.S. EPA, this project will reduce greenhouse gas emissions by 41 percent compared to the electric grid, while at the same time improving the transportation system's overall resiliency to extreme weather," SEPTA officials said in a statement. "The Midvale Complex is the only place the project could be built because it is the location where all of the power for SEPTA Regional Rail is fed from the electric grid."

But some environmentalists and their supporters, who packed a permits hearing on Tuesday at the Zoning Board of Appeals, disagreed.

"We urge SEPTA to suspend plans to build the proposed power plant. This project would lock in many years of toxic air pollution and greenhouse gas emissions," state Rep. Chris Rabb wrote in a letter of support to 350 Philadelphia, one of the groups opposing the plant. "The plant's emissions and other impacts would place an undue environmental burden on the residents of Nicetown and the surrounding communities without providing them with any economic benefit."

Opponents, including members of 350 Philadelphia and Neighbors Against The Gas Plants, criticized the plan as a "gas plant" that they said would be used to burn fracked gas and could contribute to pollutants in the air that in some cases cause asthma and other illnesses. They also demanded SEPTA move to 100 percent renewable energy sources.

But SEPTA pointed to other green initiatives they are pushing forward as signs that they are making progress on that front.

"SEPTA is continuing to pursue renewable energy technology options in all facets of its operation," they said, noting that a 3.1-megawatt solar panel project will be installed near the power plant, the second-largest solar installation in Philly behind that at Lincoln Financial Field. And in addition to getting fully electric buses later this year, SEPTA is on course to convert 95 percent of the SEPTA bus fleet to hybrid-electric by 2021.

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Alleged drug dealer charged with causing death of teen girl

An alleged drug dealer has been charged with selling heroin to a teenage girl that caused her to have a fatal overdose the day after Christmas, the Burlington County Prosecutor's Office has announced.

Willingsboro man Austin Cooper, 21, will be in New Jersey Superior Court in Mount Holly on Wednesday on a state motion to detain him indefinitely pretrial on charges of "strict liability of drug-induced death" for the overdose of a 15-year-old girl from Evesham Township.

Cooper allegedly delivered 10 bags of heroin to the girl prior to her death in December 2017. She "was discovered by a family member after a heroin overdose Dec. 26," prosecutors said. "She was unresponsive but alive and was transported to Virtua Marlton Hospital before being flown to Children's Hospital of Philadelphia. She was pronounced dead at CHOP on Dec. 28."

Cooper had previously been charged with selling the victim the drugs that killed her, but got hit with the charge for causing her death April 13, prosecutors announced this week, and was re-arrested at his home.

Cooper could not immediately be reached for comment.

SAM NEWHOUSE

Austin Cooper, 21, is charged with selling heroin to a 15-year-old Evesham Township girl that caused her to go into a fatal OD on Dec. 26.

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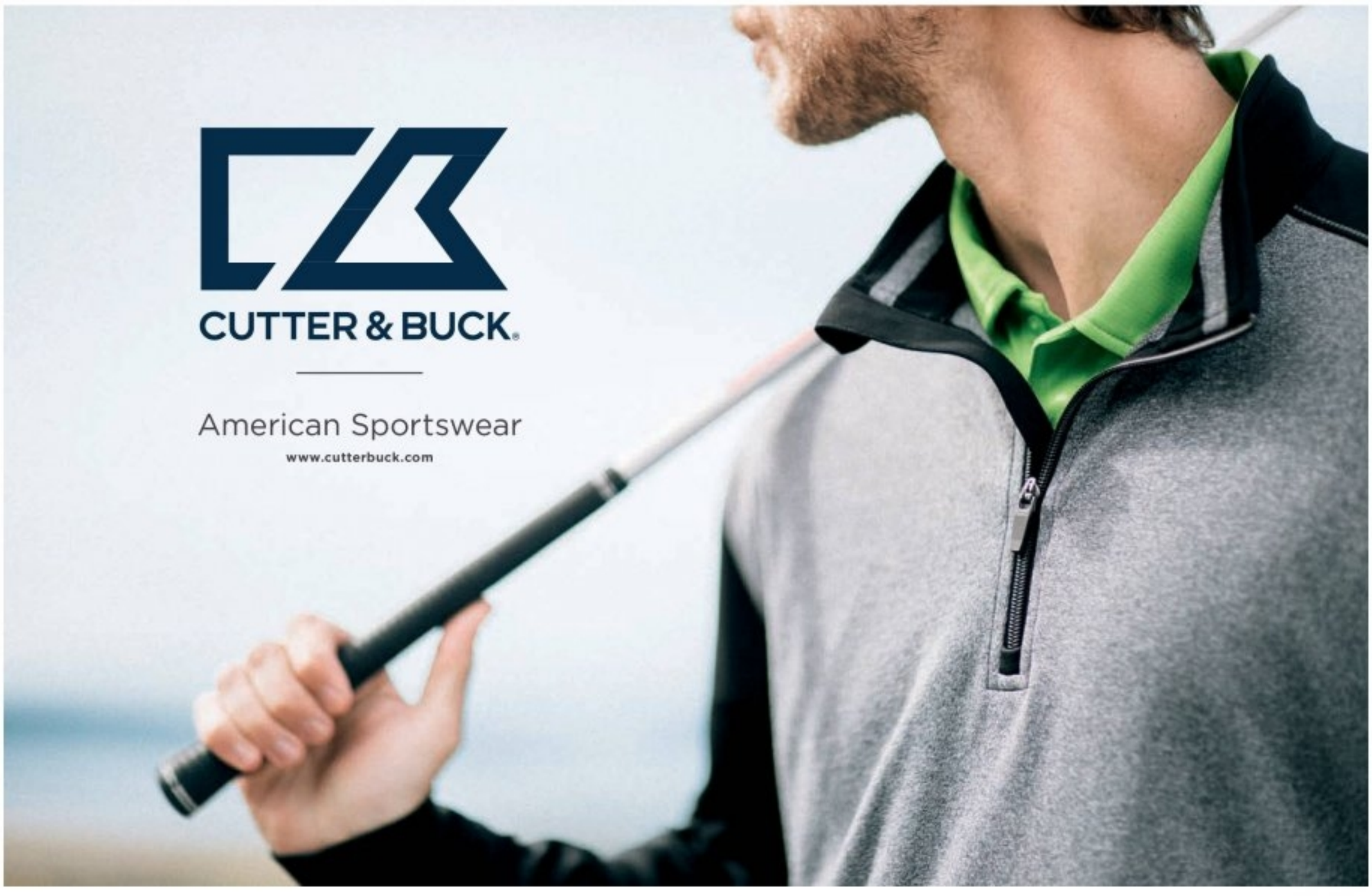

Economic sanctions: What are they and are they actually effective?

Sanctions are one of the most frequently used tools in foreign relations with bad actors. But do they work?

MICHAEL MARTIN
letters@metro.us

Over the weekend, United Nations Ambassador Nikki Haley announced new economic sanctions on Russia for its backing of Syrian President Bashar al-Assad. On Monday, President Trump reversed course, saying that additional sanctions were unwarranted.

What are economic sanctions?

Economic sanctions are financial penalties levied by a government against another government, a business or an individual. They could include freezing assets, banning trade or levying tariffs. The goal could be to punish a government for human-rights abuses, deny bad actors money to continue their bad actions, or coerce a government into doing something it doesn't want to do (or stop doing something it wants to keep doing).

For example, as punishment for Russia's invasion of Ukraine, the U.S. froze assets of certain Russian banks and oligarchs connected to Putin, and prohibited U.S. firms from doing business with them.

"Never have [sanctions] enjoyed so much popularity as they do today," writes Edward Fishman in "Foreign Affairs." On virtually every major foreign problem — North Korea's belligerence, Iran's nuclear aspirations, Russia's aggression, the Islamic State's (or ISIS') brutality—the U.S. government has turned to some form of sanctions as an answer. Their value is one of the few things that former President Barack Obama and President Donald Trump agree on."

U.N. Ambassador Nikki Haley announced new economic sanctions on Russia for its backing of Syrian President Bashar al-Assad before President Trump reversed course, saying that additional sanctions were unwarranted. GETTY IMAGES

ARE ECONOMIC SANCTIONS EFFECTIVE?

That's debatable.

After all, the U.S. has enacted sanctions on Russia, Syria and North Korea, yet the underlying issues — Russian belligerence, Assad's civil-rights abuses and North Korea's nuclear program — persist. President Barack Obama levied sanctions against Iran to stop its own nuclear program starting in 2010, but it took many rounds of talks and the cooperation of five other nations for the Iran nuclear deal to be signed in 2015.

"All too often sanctions turn out to be little more than expressions of U.S. preferences that hurt American economic interests without changing the target's behavior for the better," writes Richard N. Haass of the Brookings Institution. "As a rule, sanctions need to be less unilateral and more focused on the problem at hand." He points out that sanctions can have unintended economic consequences, can lead to "sanctions fatigue" among allies and tend not to accomplish large goals in a short time frame.

"There are very few cases where you can definitely identify sanctions as having had a success, except sometimes in combination with other factors," Adam Roberts, a professor at Oxford University, told the BBC. "Arguably they contributed something to the change in white minority Rhodesia that led to black majority rule; arguably the sanctions against South Africa were one factor that contributed to change there." But, he pointed out, they were not the definitive element.

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Former first lady Barbara Bush dead at 92

Barbara Bush GETTY IMAGES

Former first lady Barbara Bush, the only woman to see her husband and son sworn in as U.S. president, died on Tuesday, the Bush family said. She was 92.

Bush was the wife of the 41st president, George H.W. Bush, and mother of the 43rd, George W. Bush.

The Bush family had announced in a statement on April 15 that she was in failing health, had decided not to seek further medical treatment and instead would focus on "comfort care."

Bush reportedly had been battling chronic obstructive pulmonary disease and congestive heart problems.

Barbara Bush was dubbed "The Silver Fox" by her husband and children. She was known for her snow-white hair and for being fiercely protective of her family.

She was first lady when her husband was in the White House from 1989 to 1993. Her son, George W. Bush, triumphed in the disputed 2000 U.S. election and was president from 2001 to 2009. The father-and-son presidents were sometimes referred to as "Bush 41" and "Bush 43."

The Bushes had celebrated their 73rd wedding anniversary in January 2018.

Bush had an independent streak and could be sharp-tongued. As first lady, she promoted literacy and reading but said she was more interested in running a household than in helping her husband run the country.

She discouraged speculation that she wielded political influence with the president like her predecessors — Ronald Reagan's wife, Nancy Reagan, and Jimmy Carter's wife, Rosalynn Carter.

"I don't fool around with his office and he doesn't fool around with my household," she once said.

The only other woman to be both wife and mother of U.S. presidents was Abigail Adams, the first lady from 1797 to 1801. She was a major influence on husband John Adams, the nation's second president, but died before son John Quincy Adams was elected president in 1824.

Another of Bush's sons, Jeb, sought the 2016 presidential nomination, and she campaigned for him before he dropped out of the race. REUTERS

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The court issued the ruling at a time of intense focus on immigration issues in the U.S. as Trump seeks to increase deportations of immigrants. GETTY IMAGES

Trump says legislation needed after Supreme Court ruling on immigrant felons

The Supreme Court's ruling on Tuesday was decried by the Trump administration.

President Donald Trump said Congress must quickly pass legislation that would permit the deportation of immigrants who commit violent crimes after the Supreme Court ruled on Tuesday that current law was unconstitutionally vague.

"This is a public safety crisis that can only be fixed by Congress — House and Senate must quickly pass a legislative fix to ensure violent criminal aliens can be removed from our society," Trump said on Twitter.

"This is a public safety crisis that can only be fixed by Congress."

Donald Trump

The court, in a 5-4 ruling in which President Donald Trump's conservative appointee Neil Gorsuch joined the four liberal justices, invalidated the provision in the Immigration and Nationality Act and sided with convicted California burglar James Garcia Dimaya, a legal immigrant from the Philippines.

The ruling, written by liberal Justice Elena Kagan, was decried by the administration, which had defended the provision.

Federal authorities had ordered Dimaya deported after he was convicted in two California home burglaries, in 2007 and 2009, though neither crime involved violence.

Kagan said the disputed provision's ambiguity created confusion in lower courts. "Does car burglary qualify as a violent felony?" Kagan wrote. "Some courts say yes, another says no." Kagan mentioned other examples including rape, evading arrest and trespassing in which courts have also been divided.

Gorsuch, in a concurring opinion, wrote that the American colonies in the 18th century cited vague English law like the crime of treason as among the reasons for the American revolution.

"Today's vague laws may not be as invidious, but they can invite the exercise of arbitrary power all the same — by leaving the people in the dark about what the law demands and allowing prosecutors and courts to make it up," Gorsuch added.

It was not entirely surprising that Gorsuch would break with the four other conservatives on the court and vote to strike down the provision. Gorsuch is ideologically aligned with the late conservative Justice Antonin Scalia, whom he replaced on the court last year. Scalia wrote a 2015 ruling that was invoked in Tuesday's decision that found that a similar provision in a federal criminal sentencing law was overly broad.

Gorsuch interpreted the immigration provision based on the original understanding of the Constitution, a view held by many conservative jurists.

"Today's ruling significantly undermines DHS's efforts to remove aliens convicted of certain violent crimes, including sexual assault, kidnapping, and burglary, from the United States," Department of Homeland Security spokesman Tyler Houlton said.

"By preventing the federal government from removing known criminal aliens, it allows our nation to be a safe haven for criminals and makes us more vulnerable as a result," Houlton added.

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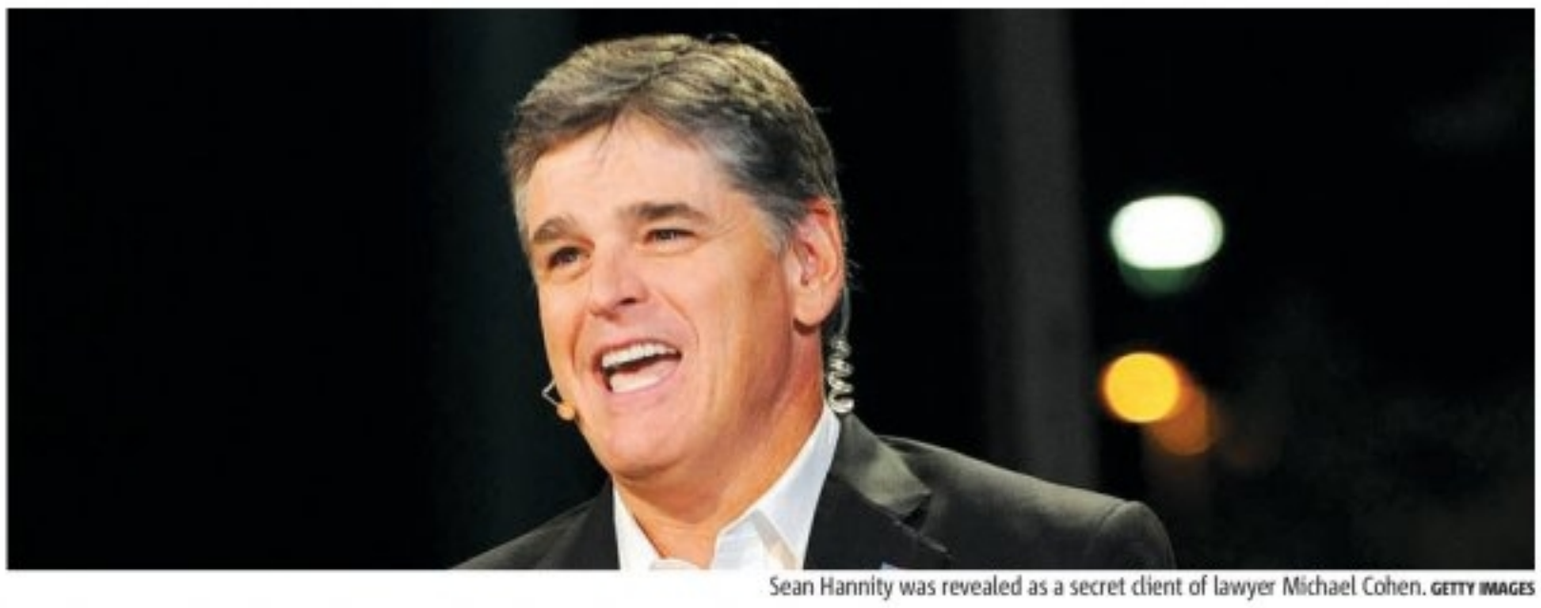
Why do people care that Sean Hannity is lawyer Michael Cohen's client?



Sean Hannity was revealed as a secret client of lawyer Michael Cohen. GETTY IMAGES

This week, cable news took on the dramatic veneer of an '80s daytime soap. Naturally, President Trump was involved. The afternoon's big story was the courtroom revelation that Fox News host Sean Hannity was the third, previously unnamed client of President Trump's personal attorney Michael Cohen.

The disclosure was made during a court hearing about whether records seized last week in a raid on Cohen's office and home would be suppressed. The mysterious third client had asked for their identity to remain secret because they would be "embarrassed" to have it revealed, but District Judge Kimba Wood ordered it to be disclosed. The announcement drew "audible gasps from the spectators," The New York Times reported.

Sean Hannity's Fox News show "Hannity" is the most-watched cable news program, with 3.2 million nightly viewers. Also the host of a three-hour afternoon radio show, Hannity is one of the leading conservative voices in media — if not *the* leading voice.

On both programs, Hannity has been a loud defender of President Trump and an unrelenting critic of special counsel Robert Mueller's investigation into potential collusion between Russia and the Trump campaign. He has said the investigation should be shut down. Michael Cohen appeared on "Hannity" at least a dozen times to defend Trump. Hannity never mentioned that he was a client of Cohen's.

In the week after Cohen's office was raided, Hannity discussed Cohen and his involvement with Trump several times, again without disclosing that he had a personal connection to Cohen. Although Hannity only occasionally considers himself a journalist — he has said he is an "opinion journalist" but more recently tweeted "I'm not a journalist jackass" and was dragged for omitting a comma — audiences generally appreciate knowing if commentators have conflicts of interest.

"I really think that you should have disclosed your relationship with Cohen when you talked about him on this show."

Alan Dershowitz, speaking to Sean Hannity

On Monday's "Hannity," guest Alan Dershowitz (himself a fierce supporter of Trump) said that Hannity should have been more above board. "I really think that you should have disclosed your relationship with Cohen when you talked about him on this show," said Dershowitz. "You could have said that you had asked him for advice or whatever."

Earlier in the afternoon on his radio show, Hannity said he had given Cohen "ten bucks" and had only talked with him about business. On Tuesday, he added it had been about real estate. MICHAEL MARTIN

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Report: Secretary of State nominee Pompeo met with North Korea's Kim

Ties between the U.S. and North Korea have been strained as President Trump has intensified his rhetoric toward the Asian country.

Secretary of State nominee Mike Pompeo has reportedly made a secret trip to North Korea. GETTY IMAGES

U.S. Secretary of State nominee Mike Pompeo made a secret visit to North Korea over the Easter weekend and met with North Korean leader Kim Jong Un, the Washington Post reported on Tuesday, citing two people with direct knowledge of the trip.

President Donald Trump said on Tuesday the United States was engaged in direct talks at "extremely high levels" with North Korea to try to set up a summit between him and its leader, Kim Jong Un.

Trump sowed some confusion by suggesting he had been speaking to Kim directly, but later clarified by saying: "Let's leave it a little bit short of the highest level." Spokeswoman Sarah Sanders added: "The president said the administration has had talks at the highest levels and added that they were not with him directly."

The president disclosed the direct talks at his Mar-a-Lago retreat in Palm Beach, Florida.

"We have had direct talks at very high levels — extremely high levels — with North Korea. I really believe there's a lot of goodwill." Trump told reporters.

Trump did not identify who on the U.S. side was talking to the North Koreans and senior officials would not comment. REUTERS

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How to make sure Google doesn't save your browsing and search data

The recent Facebook scandal has many people concerned about how social networks use personal data and how search history data is collected and stored in web browsers.

There are several ways you can begin taking control of your online personal information. One way is to make adjustments to your privacy settings in Facebook and Twitter and to encrypt your chat data if you use the Facebook Messenger app.

Another thing you can do to reduce the digital trail you leave behind when you're browsing the web is to make sure you delete your browser history and search history on your web browser.

Depending on how you use the web, you may want to delete your browser and search history to make sure your browser information doesn't stay on the web. For those who use Google's incognito mode for private web browsing may not be 100 percent private, especially if you're using it at work.

How to turn off Google activity

Visit Google Activity controls

Look at the different Google activity options and turn off the ones you don't want to have saved.

Select **Pause** to save your settings.

How to delete Google browser history

Log in to your Google account.

Open Google Chrome browser.

At the top right of your browser window, you'll see three vertical dots. Click the menu and select **More Tools.**

Select Clear **Browsing Data.**

From the Clear browsing data box, select the items you want to delete. You can select **Basic,** which has Browsing history, Cookies and other site data and Cached images and files, or you can select the **Advanced** tab with more options.

You can delete your Google browser, search history and activity in a few simple steps. GETTY IMAGES

You have the option to select the time range you want to delete. The options are last hour, last 24 hours, last seven days, last four weeks and all time, which will clear all the history from the options.

How to delete Google search history

Visit My Activity in Google.

On the left side of the window select **Delete activity by.**

From there, you can delete your Google search history by date, or you can choose to delete specific search items from your Google search history. This option can come in handy if you're using someone else's computer and want to only delete the items you were looking for. This option is also helpful if you want to search for items or use a filter to narrow your searches and find items quicker.

LENYON WHITAKER

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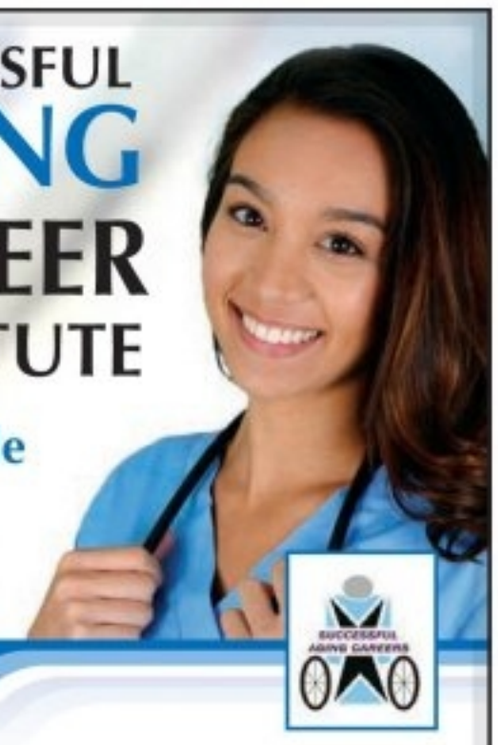

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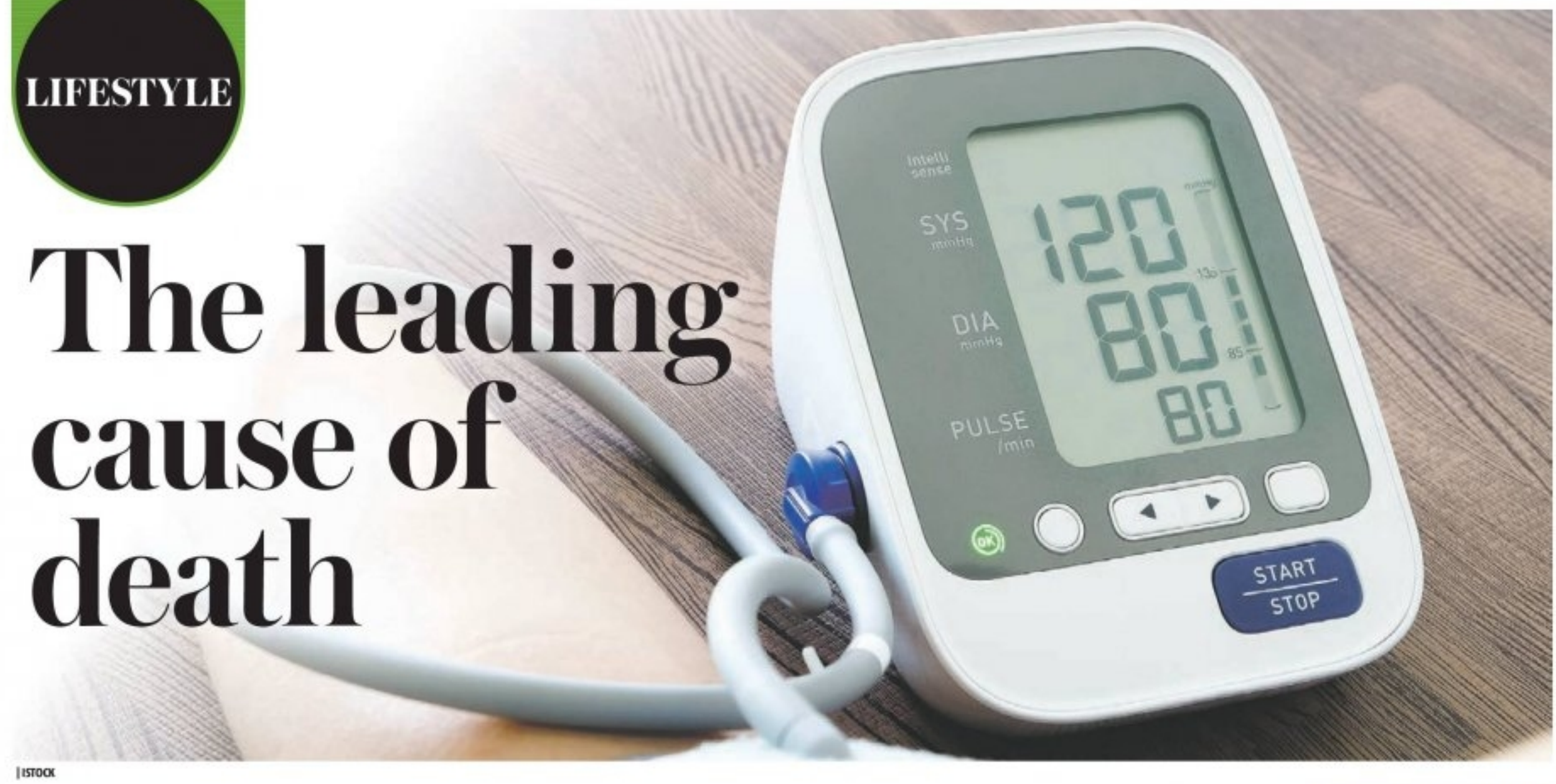
LIFESTYLE

The leading cause of death



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Cardiovascular diseases are the main cause of death annually worldwide. Learn how to prevent them.

Of course, you've heard about cardiovascular diseases, which affect the heart and blood vessels, and you probably even know someone who has suffered from one of them. Although there are several, the best known and most affecting — and deadly — today are myocardial infarction and strokes (cerebrovascular accident). Cardiovascular diseases are the leading cause of death and disability in the world.

For those of you that are unaware, a stroke and a heart attack are the same disease, but one occurs in the brain and the other in the heart, respectively. The cause of both is the obstruction of the vessels in these regions, caused by the accumulation of fat and (or) blood clotting.

Interventional cardiologist Hélio Castello warns about risk factors that can lead to their development: stress, poor diet, high cholesterol, obesity, high blood pressure, a sedentary lifestyle, diabetes (mainly type 2) and smoking.

But other factors exist: age, genetic predisposition and gender — men are more susceptible.

"The problem of these last three is that people cannot prevent them, that is why it is so important to take care of ourselves," highlights Castello.

Marcelo Cantarelli, also an interventional cardiologist, recommends that people with a family history of cardiovascular diseases developed before 60 seek a specialized doctor before hitting 30. For those who don't have genetic predisposition, testing can start at 35.

"But that can change if the person smokes, is obese, has diabetes or hypertension before 30. That person should already be looking for a cardiologist," he reflects.

Because the risk is not just of dying, those who survive a stroke or a heart attack can have serious sequelae such as loss of movement in some parts of the body or cardiac arrhythmia, respectively. Not to mention that a person who has already had a cardiovascular disease is more likely to have it again," says Castello.

Symptoms and treatment

Don't despair. Chances of recovery are significant, as long as treatment starts early. Cantarelli states that if the patient receives treatment within the first three hours of the symptoms, those possibilities exceed 96%.

"The problem is that people spend hours feeling the symptoms without knowing what they are until they seek help," he explains.

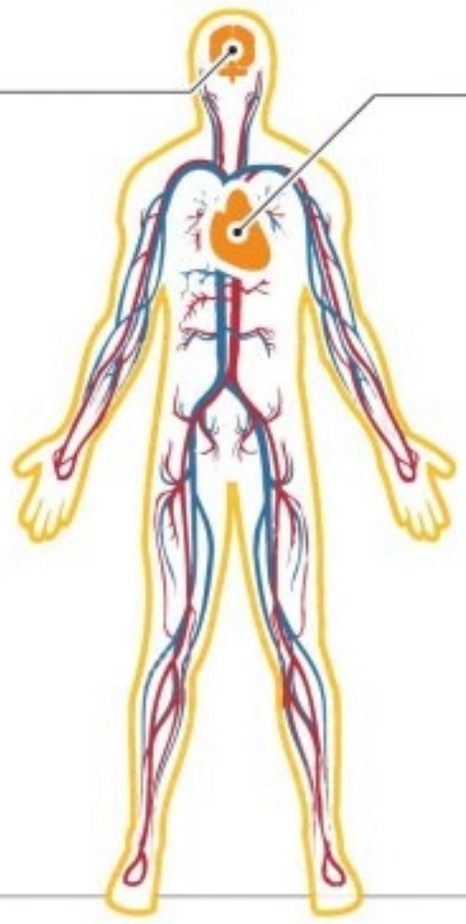
That's why learning to recognize symptoms is so important. In the case of a heart attack, the main one is an intense pain in the chest that persists, "if it does not go away within 20 minutes, it is good to seek help". In the case of a stroke, the patient feels a sudden loss of strength on one side of the body and tingling on that side.

METRO WORLD NEWS

17.7M

people die from cardiovascular diseases per year. That's one third of all deaths on the planet and half of all deaths related to non-communicable diseases.

SYMPTOMS



STROKE

>> Sudden loss of strength on one side of the body, an arm, a leg or both; as well as an intense tingling on that side, difficulty speaking and articulating words, difficulty moving the face.

>> It also causes headache (acute headache) and can cause mild vision loss or blurry vision.

MYOCARDIAL INFARCTION

>> Persistent pain and burning in the middle of the chest and / or in the abdomen that may begin in the back. The pain may run to the neck and jaw or to the arm and wrist. It is accompanied by cold sweat, chills, dizziness, vomiting and discomfort.

>> In women, elderly and diabetics, the pain is less intense or it may not appear, but you will still feel the secondary symptoms.

Aspirin: Popular belief or a fact?

There is a popular belief that taking aspirin (acetylsalicylic acid) if you are suffering from a stroke or a heart attack can be beneficial. According to cardiologist Marcelo Cantarelli, this is not just a belief, but a medical fact. In the case of a heart attack, hospital procedure is to first, give a platelet antiaggregant such as aspirin, that is, a substance that will dissolve the obstruction that causes the episode. He also states that taking aspirin before going to the hospital in case of perceiving symptoms, advances the treatment. But the dose must be correct: 300mg (three tablets of 100mg).

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Best hybrid consoles

Hybrid consoles are one of the most popular trends among video-game lovers and more and more projects are developing these types of games. Some combine portable and fixed consoles, others combine two consoles into one and some combine PC games into one gaming console. Metro presents you some of the best hybrid. DANIEL CASILLAS MWN

Alienware Steam Machine

So, you have a game on your PC that you want to play on your TV? Not a problem. Alienware Steam Machine can stream any Steam game on your home network to your TV. This console combines the awesome experience of console gaming with a massive library of over 1,000 games, all in full 1080p HD on your TV.

XStation

YouTube user Eddie Zarick decided to create a modification that unites PlayStation 4 and Xbox One on the same device. Zarick is no stranger to these creations — he's already made Xbox and PlayStation portable consoles in the past, but this is the first time he has combined both platforms.

Nintendo Switch

The latest console from Japanese company Nintendo, the Switch is one of the most popular and most sold in recent years with millions of dollars in revenue, mainly because it combines the ability to play on a TV screen or away from home in a portable way.

PS5

Rumors say that Sony's next video game console, the Play Station 5, could be hybrid, because it would combine the possibility of playing games connected to a TV or outside the home in a portable way, as is already the case with the Nintendo Switch.

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‘Harry Potter’ director Chris Columbus

The father-daughter duo’s collaboration resulted in it’s own company.

GREGORY WAKEMAN
GregoryWakeman@metro.us

Eleanor Columbus, 29, showed her eye for scouting movie projects at an unerringly young age.

She was the one who persuaded her dad, Chris Columbus, to read J.K. Rowling’s “Harry Potter” books, the first two installments of which he directed in the early 2000s.

So it was little surprise that Chris, who also wrote “Gremlins” and “The Goonies” as well as directed “Home Alone” and “Mrs. Doubtfire,” decided to start the company Maiden Voyage with Eleanor all with the intention of assisting first-time filmmakers.

The ascent of the studio over the last few years has been astounding, as the pair have brought the likes of “The Witch” and “Patti Cake$” to the big-screen.

Because of this success, the pair were honored at the 2018 Tisch Gala, the school at New York University that they both graduated from — several decades apart.

Daughter and dad, fostering new directors. GETTY

What was your response to being honored by Tisch?

My first response is to always legitimately say, “No, I’m not old enough for this yet. I have more to accomplish.” But because of the unique nature of it, and they were honoring both me and my daughter, I looked back on our recent filmography and I thought, “We have done OK.” I felt it was nice and the right time. And it is good for the school because it encourages more young filmmakers to go out and make their own films. Which is the philosophy of Maiden Voyage.

You and Eleanor both went to Tisch. Do you ever talk about your times there?

When Eleanor went, I wouldn’t say it is more corporate, but it was four times the size. The school has a much more well-rounded curriculum. Because when I was there, it was all geared toward production. You were either a writer or a director. Now it’s specialized. They can teach you how to become a producer, a production designer — it’s geared toward getting employment in the real world.

What were the origins of Maiden Voyage?

For four or five years, once a year I would work with NYU on the Columbus Vague Awards, which was an early version of Maiden Voyage. We would meet five or six filmmakers

NOTICE OF PUBLIC SALE OF PERSONAL PROPERTY

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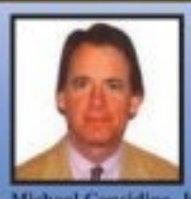

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from NYU and release a certain amount of money to help them make their first films. I just loved their energy and the creative excitement. But they would make the movies and I would never see them again. I then called Eleanor and said, 'We should take this idea and start a company. Help the filmmakers find funding but then we can creatively be involved as much as we need to be.' Eleanor agreed. We moved to San Francisco and started the company.

What's the working dynamic between the two of you like?
Eleanor will go through five or 10 scripts a week, and once every few weeks she'll find a script that she wants to proceed with; 90% of the time we agree. We have had one or two disagreements along the way. Our role is finding the right fit for the movie.

We have a three-strike rule.: We read the script, we see the short film of the person, so that we can see that they have a visual sense and that they can direct actors, and then we meet the filmmaker

"The Witch"
MAIDEN VOYAGE

to see that they have the confidence and the ability to direct the film and work with actors. Our role is to find someone with a good storytelling sense. We want the filmmakers to feel artistically free. Producing filmmakers can be a delicate balance.

What's the goal for Maiden Voyage?
We want to help film students, even those that have been out of it for a while, make the films they're passionate to make. We never thought about the commercial side of it, really. It was all about getting the films celebrated and seen by people. But that changed a little bit with "The Witch." Because "The Witch" was made for $1.8 million and then made $40 million. The mercenary side had to take over a little bit. Because Robert Eggers fulfilled his artistic vision and made a film that connect with an audience. That was an eye opener. And now, with each film, I want to make a film that does connect with audiences. Even at this level no-one has a crystal ball about what audiences want to see. So there is a battle in fighting against the mercenary side of the company and still pursuing each director's artistic vision.

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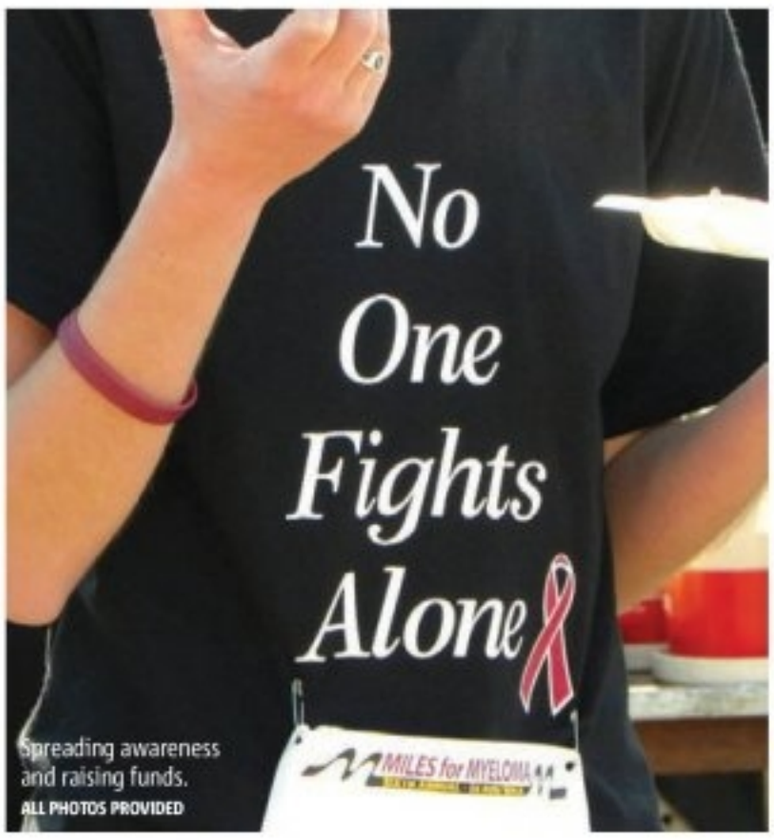

Spreading awareness and raising funds.
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Even the Phanatic's a fan.

The annual event, put on by the Philadelphia Multiple Myeloma Networking Group, is now in its 10th year.

JENNIFER LOGUE
jennifer.logue@metro.us

Multiple myeloma is a cancer of the plasma cells, and back in 1995, a group of terminally ill patients and their families formed the Philadelphia Multiple Myeloma Networking Group (PMMNG) to support each other on the road to recovery.

"Not finding effective support to guide them in their journey with illness, Marilyn Alexander and her twin sister, Sharon, along with Phil Falkowitz and his wife, Barbara, dreamed up and then formed a support group that would help them and others to figure out how to sustain themselves," says group facilitator, Maddie Hunter. "It was born from a need to find education, support and encouragement for themselves, and has grown to serve hundreds of people in the Greater Philadelphia region."

A big part of what PMMNG does is provide education for multiple myeloma patients, as well as connect them with the right medical professionals.

"A volunteer steering committee grew its skills in being able to identify and build relationships with specialists in all aspects of living with myeloma," Hunter says. "The topics for group meetings broadened and attracted more and more members. Members of the group became volunteer guides to newly diagnosed people. With the support of a volunteer social worker, Lori Curtis, the group became more skilled in providing meaningful emotional support to one another."

In recent years, PMMNG has also taken on the task of raising money

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Volunteers gear up for the annual Miles for Myeloma 5k.

1,000 attendees are expecting to raise $100,000.

for multiple myeloma research, through their annual Miles for Myeloma 5K.

"As the group's fundraising skills grew, we christened our own 5K that has become an annual event in Philadelphia," Hunter says. "Through the annual Mile for Myeloma 5K, the group has raised over $1 million for research."

Now in its 10th year, the event will take place Saturday, April 28, kicking off at the Please Touch Museum's Memorial Hall. The goal is to raise $100,000 for research, and with 1,000 people expected to participate, volunteers are needed more than ever.

"It takes a village to put on a 5K," Hunter days. "Volunteers are critical to the event's success and are needed to register participants, hand out food and water, direct walkers/runners on the course and cheer on participants."

At the end of the day, it's all about the community coming together. "This event brings out the best in all of us," Hunter says. "It reminds all of us what is possible when we show up for the things we care about. The positive spirit is contagious and we all feel more encouraged and ready for the next steps in our journeys because of it."

If you go

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What does it take to nail a dinner party?

Impress your guests from the moment they arrive to when they stumble out the door.

LUCY E. COUSINS
letters@metro.us

Focus on these elements and your guests will have a night to remember.

The arrival

What happens as soon as your guests arrive sets the tone for the whole night. So, no pressure! Are you relaxed and friendly? Is everything ready? The best way to make them feel at home right away is to take their gifts with gratitude and store their coats and bags somewhere accessible. If you're co-hosting with someone, decide who will be taking drink orders. If you're hosting alone set up a table with wine and beer, so guests can help themselves.

The drinks

The age-old rule still stands: Make sure your guests' glasses are never empty. Even if they're drinking nonalcoholic cocktails. If you have time, a signature drink usually goes down a treat – it sounds fancy but can be something as simple as a gin and tonic with a twist. Then match your wine to your dinner and have a range of beers on offer, but don't be afraid to break the rules – red wine doesn't always have to go with red meat.

The table

Now it's time to get your creative juices flowing. Pick a color or a theme and don't hold back. Did you inherit a kitsch 1960s centerpiece from your grandma? Bring it out! Try to create a sense of occasion by pairing it with some bold flowers, shiny glassware (Ikea does some on the cheap), and matching (unchipped) crockery. Then top it all off with some candles and, if you're feeling extra creative, some homemade place cards so people know where to sit.

The food

The key to a great dinner party is not just what you serve. It's the amount of time you spend in the kitchen cooking it, instead of downing a cocktail with your guests. For that reason, we love slow cookers. They force you to be organized early in the day, but allow you to relax until serving time. For an easy starter, try an antipasti dish, with a mixture of quality bread, fancy anchovies, grilled and pickled vegetables, cured meats and hard cheese. For dessert? A pre-prepared dessert, such as an individual dark chocolate mousse, is always a winner.

The music

Choosing the right tunes is critical. Try to strike a happy medium between relaxed and upbeat. Avoid experimental music or music with too many swear words, especially if you don't know your guests well. Our tip is to go for a Spotify playlist or someone like Pharrell Williams, who we're pretty sure everybody likes. Try to have enough music for the whole night – you don't want to be searching for tracks midway through the second course. That's just tedious.

The vibe

The atmosphere of a dinner party will make or break the night. To ensure everyone isn't counting down the time til they can leave, choose the right combination of people (similar interests or friends in common are good indicators). Invest a little time on lighting; not too dark that you have to use an iPhone flashlight to see your food, but not bright enough for an operating room. Most importantly, don't be stressed or rush around too much. Your guests will feed off your energy, so remember that your actions determine theirs.

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How to be a good houseguest

Follow these five rules and you'll always have a place to crash

LUCY E. COUSINS
letters@metro.us

Staying in someone's home can be equal parts awkward and awesome, depending on how well the visit goes. That's because there's an unspoken, but assumed role that both guest and host have to play in order for things to go smoothly. But, being "unspoken" and "assumed," we pretty much all get it wrong, most of the time. So how can you nail being the perfect guest?

Communicate well
Don't be that guy who says he's staying two days but ends up hanging around for a month. Be clear about how long you're going to stay, including your arrival date and time. Make sure you share with your host your rough itinerary so they know when you'll be home. And don't forget to make sure you let them know of any allergies or food preferences.

Bring a great gift
Yes, your mom was right. You can't go to someone's house without bringing something. Personal gifts are always best, because it shows you actually care, but it does depend on your length of stay. Bringing a box of Whoppers seems a little cheap for a week's visit, even if your host loves them. Safe options for shorter stays are a bottle of wine, a hard-to-kill pot plant or a designer candle. For longer stays, offer to take your host to dinner, buy an expensive bottle of whiskey, or a coffee-table book.

Be respectful
It seems obvious, but guests often forget their hosts' personal space and boundaries. It comes down to three things; don't break things, be tidy and know the house rules. Out of those three, the last one will put you in the good books immediately. Ask what time everyone usually gets up, and goes to bed. Are shoes permitted inside? Are the pets allowed in every room? Knowing the rules can safeguard you from some very awkward situations. Trust us.

Be self sufficient
There's nothing worse than a guest who follows you around the house making conversation. Instead, bring a book to read or a podcast to listen to, take a trip around the neighborhood, help out in the kitchen, play with the kids or walk the dog. Your host is your host. Not your on-tap, 24/7 entertainment.

Put your phone down
We get it. You've got 10 likes and 4 new followers. It's all very exciting. But you don't need to be checking your social media at dinner or breakfast, or any meal for that matter. It's the best way to look rude, self-centered and distracted. Not a good combination at any time.

Don't forget to pack your PJs. ISTOCK

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SPORTS

Joel Embiid looks as though he will be a gametime decision when Thursday's 7 p.m. tip-off comes around. GETTY IMAGES

Embiid practicing, Game 3 status is still up in the air

Joel Embiid is frustrated with his recovery time.

EVAN MACY
evan.macy@metro.us

"Yes, he is progressing and it is such an open-ended word, I feel responsible saying yes he is progressing."
Brett Brown

Joel Embiid wants to play. He is desperate to play. He had to watch in agony as his Sixers faltered in Game 2 against the Heat from the sideline.

In pregame warmups he hit three-pointer after three-pointer — some wearing his new mask, and some not. He was cleared from the NBA's concussion protocol but still not medically cleared to play, as he works back into playing shape from surgery on his eye socket a few weeks ago.

And, as Game 3 approaches Thursday in Miami with the series tied at one game apiece, Embiid's status is still up in the air.

"It's still moving forward," Brown said before the Sixers' practice on Tuesday afternoon. "What I can say is there is a very unified effort with his representation and the people around him. With the people that did the operation, the doctors, with our medical staff, with the team, with me, the coaching staff. We're all doing this. There's a unified sort of spirit and line of communication."

Embiid posted on his Instagram story yesterday some frustration and, potentially disagreement with coach Brown about his being on the same page.

By Embiid's own words, he is "F**ing sick and tired of being babied." Which means he is ready to return.

But in practice, Embiid didn't get cleared for full contact Tuesday. He's on the right track — but he's not in game shape.

If he is in the line up Thursday in South Florida is anyone's guess, but you can be sure that the man himself will likely be doing some lobbying to help Philadelphia avoid falling into a 2-1 deficit.

Game 2 loss may be just what the doctor ordered for youthful Sixers

Dwyane Wade had 28 points off the bench to spark the Heat in Game 2. GETTY IMAGES

A hungry, frustrated Sixers squad will look to win in Miami for the first time in more than three years.

EVAN MACY
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17

LENGTH OF THE SIXERS' WINNING STREAK SNAPPED BY THEIR GAME 2 LOSS, THE LONGEST IN FRANCHISE HISTORY.

There's an old adage used often in sports that "it isn't a loss if you learn from it." For the Sixers, in the playoffs for the first time since 2012 and boasting a line up of youngsters which has never seen postseason play, the Game 2 loss to the Heat in the first round of the playoffs may be just what the team needs as it tries to exceed relatively new and high expectations.

The setback, 113-103 Monday night, may not only help the team avoid the hubris that comes from ease of success (the loss ended a 17-game winning streak, tied for the longest in franchise history) but also could serve as a gut punch to help prepare the team for what it hopes will be a long and educational playoff run.

"To me, it's the reality of NBA basketball and it will only get harder," head coach Brett Brown, who has four championship rings from his days as an assistant coach for the Spurs, said. "Our guys will learn more about themselves than they've learned in the regular season for however long we play in the playoffs. We haven't lost since March 13 and this game equals the NBA playoffs. This is a snapshot of what you should expect when a team is going to go down 2-0 if they are unable to find a win."

After trailing by as many as 16 points late in the third quarter, the Sixers cut the lead to just two and were a few breaks away from an opportunity to go ahead 2-0 as the series shifts to Miami (on Thursday). Instead, the Heat have the chance to protect home court advantage and the Sixers are losers for the first time in over a month. For team leaders like Ben Simmons and veteran J.J. Redick, the loss could set an even bigger spark.

"It's unsettling," Redick said of the loss. "I think that we as a group haven't been through the fire of the playoffs. This will sharpen you, strengthen you as a player and as a man and as a group. Games like this I think are good for us, but it doesn't feel good with us."

"We really wanted that win," Simmons added, but on to the next game."

The Sixers lost both their games in Miami this season, and have not won at American Airlines Arena since just after LeBron James left South Beach — their last win coming on December 23 of 2014. Michael Carter-Williams and Luc Mbah a Moute were Philly's leading scorers in the game on a team that would win just 18 games.

A lot has changed since then, and the healthy return of Joel Embiid could help the Sixers finally get a 'W' in South Florida.

Or perhaps the hunger, pain and chip on the shoulder gained from a letdown in Game 2 can fuel a series victory — starting with a successful visit to Miami this Thursday.

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Eagles' injured Wentz: 'Changing my style? That's not going to happen'

Carson Wentz's aggressive style of play won't change even after his torn ACL.

EVAN MACY
evan.macy@metro.us

Many thought it was only a matter of time. The oft-aggressive Carson Wentz, making spectacular plays with his legs and bursting through the offensive line on risky one-yard conversions tore his ACL last season and has been rehabbing for months.

He forced Nick Foles into a starting role in the playoffs and, obviously a Super Bowl title followed along.

A very unusual quarterback situation will be dogging the Eagles when they open training camp, with the Super Bowl MVP backing up a third-year quarterback whose health is under question.

"It's such a fluid process, its hard to put a timetable on these things," Wentz said to the assembled media as Eagles players reported to South Philly for the first time since February. "I wish I knew as well, but things are going well and I am happy with where I'm at. I feel very good, starting the running progression. Weeks ago I was throwing and just to be able to start doing those things again is a good sign. You've seen the horror stories of people coming back too soon and I will be careful with it."

Wentz went on to say that he doesn't think he needs to play in the preseason to be ready to go in Week 1 — and of course if he isn't, local legend Foles will be available under center.

But lets fast forward a bit. If Wentz does return in Week 1, will he be the same player? His rehab timetable suggests that he'll be very close to ready for full activity as training camp closes. But his surgically repaired knee will be a key to his game. Will Wentz be willing to step into the pocket to avert a defender? Or scramble away from linebackers while extending a play?

"Changing my style? That's not going to happen," Wentz said. "I guess we'll see when the time comes. I believe I'll be fine."

Wentz won't be the only Eagles' player returning from injury this season. Stars like Jason Peters, Jordan Hicks and Darren Sproles (who is still unsigned) all got Super Bowl rings despite having to sit and watch from the sideline. The reinforcements are coming and it certainly won't hurt the Eagles' cause as they attempt to repeat.

"The guys that are coming back that were battling injury that weren't on the field for the Super Bowl, I know for myself for Hicks, for Maragos, for Peters, we wanted to be out there and it will kind if kick things into gear," Wentz said. "I'd not think complacency will be an issue anyway, but that won't hurt."

Carson Wentz ran for 299 yards last season before getting injured in Week 14. GETTY IMAGES

Standing their ground

The Flyers will have their backs against the wall in Game 4 Wednesday night, at 7, when they host the Penguins down 2-1 in the seven-game series. GETTY IMAGES

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GAMES

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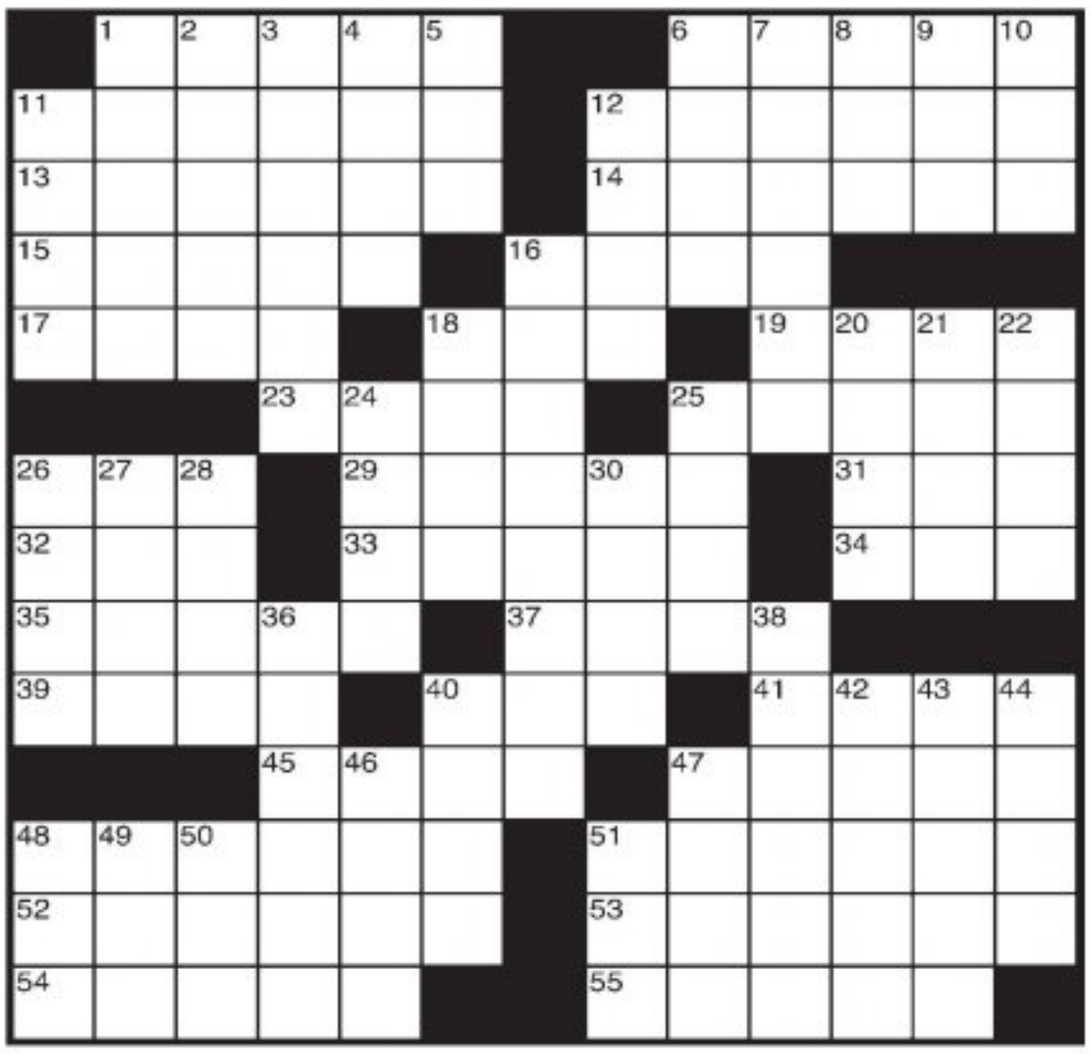
ACROSS
1 Pleased
6 Go together
11 Rose dramatically
12 Thin
13 Sparta rival
14 Peculiarity
15 Coral formations
16 Complimentary
17 Actor Alan
18 "She Done -- Wrong"
19 Exploding star
23 Coves
25 Last box to check
26 Swabbie
29 Surprise win
31 Co. honchos
32 Turkish honorific
33 Harbor suspicions
34 Utter
35 Danke, in Dijon
37 Mouth part
39 Himalayan enigma
40 Itch
41 Klutz's mutter
45 Cleveland NBAers
47 Ms. Roberts
48 Olive Oyl's man
51 Weigh down
52 Uses a baton
53 Lure
54 Aluminum source
55 Giggle (hyph.)

DOWN
1 Traveler's stop
2 Sighed with delight
3 Built in advance
4 Calligraphy supply
5 Gridiron meas.
6 Created
7 Like Don Juan
8 Numerical prefix
9 Bunkhouse item
10 AAA recommendation
11 Paretsky or Teasdale
12 Standard
16 Deep cracks
18 Injection
20 Electrical units
21 First-magnitude star
22 Dilettantish
24 Imported car
25 -- von Bismarck
26 Strong, as venison
27 Curved molding
28 SF transit system
30 Poet's black
36 Roman orator
38 Einstein's dimension
40 Montand of the movies
42 Nostalgic tune
43 Jigsaw component
44 Rational
46 Jean Auel heroine
47 D-Day month
48 School org.
49 Athena's symbol
50 Snapshot
51 Poker stake



metro.us/sudoku

easy

	1		8		6			7
		4		5		9		1
	3					8	4	
3		7	5					
			4		9			
					7	3		8
	9	3					2	
7		5		6		4		
6			3		4		8	

hard

5	8				1			3
		3	6					5
						2	7	8
3			7	9				
2			1		6			4
				4	8			1
8	5	6						
7					9	6		
9			5				8	7

metro.us/horoscopes

Aries Learn from your mistakes and be ready to set some guidelines and rules in place to ensure that you reach your goal. Research and dedication are your route to victory.

Taurus A personal change will suit your current needs and give you the boost you need to pursue bigger and better objectives. Use common sense and apply your skills strategically.

Gemini You need to take a closer look at your personal situation. If you aren't happy with a relationship you have with someone, speak up and make suggestions.

Cancer You'll be reminded of a change you made that you aren't happy about. Use this experience to help you avoid making a similar mistake.

Leo Get as much done as you can to avoid complaints and criticism. Be open about the way you feel and what you would like to see happen. Embrace change.

Virgo Emotional issues should not be vocalized around anyone you cannot trust to keep a secret. Concentrate on making personal physical changes.

Libra Choose your words wisely if you want to convince others to help you or approve of your plans. Listen to sound advice regarding a change you want to make.

Scorpio Get to the bottom of a situation that could influence your earning ability. A contract will need to be adjusted before you continue to offer your services or help.

Sagittarius Talk over your concerns to find out exactly where you stand. A partnership will need some fine-tuning if you plan to move forward or make a commitment.

Capricorn Plan to have some fun. Going on a shopping spree or spending time with someone who rocks your world will improve your attitude. A healthier routine is favored.

Aquarius Excessive behavior should be ended before it takes control. Be kind to your body and protect it from anything that may become habit-forming or costly.

Pisces Participate in functions that allow you to mingle and network with people who can help you get ahead. A partnership will be financially advantageous. EUGENIA LAST

Yesterday's answers

N	O	D	■	P	A	S	■	C	A	G	E
O	R	E	■	A	N	K	A	■	I	H	A	D
G	A	L	A	C	T	I	C	■	C	A	R	D
S	L	I	C	E	S	■	C	R	A	B	B	Y
■	■	■	T	R	Y	■	O	U	D	■	■	■
T	R	E	E	S	■	B	U	T	A	N	E	■
A	U	L	D	■	R	O	N	S	■	O	N	E
X	L	S	■	M	E	A	T	■	S	T	I	R
■	E	E	R	I	E	R	■	B	E	A	D	S
■	■	■	H	E	N	■	T	A	E	■	■	■
S	P	R	I	N	T	■	E	R	M	I	N	E
L	I	E	N	■	R	E	S	T	S	T	O	P
A	L	T	O	■	Y	A	L	E	■	E	S	E
B	E	E	S	■	■	T	A	R	■	R	Y	E

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